



# DAVIS COUNTY HEALTH DEPARTMENT

## Administration

Lewis R. Garrett, M.P.H.  
Director of Health  
Brian E. Hatch,  
M.P.H., E.H.S.  
Deputy Director  
22 South State Street  
Clearfield, UT 84015

## Environmental Health Services Division

David W. Spence,  
M.B.A., E.H.S.  
Division Director  
22 South State Street  
Clearfield, UT 84015

## Family Health & Senior Services Division

Kristy Cottrell,  
M.P.A., R.N.  
Division Director  
22 South State Street  
Clearfield, UT 84015

## Communicable Disease & Epidemiology Division

Wendy Garcia, R.N.  
Division Director  
22 South State Street  
Clearfield, UT 84015

## Community Health Division

Ivy Melton Sales,  
M.B.A., C.H.E.S.  
Division Director  
22 South State Street  
Clearfield, UT 84015

Mailing Address:  
PO Box 618  
Farmington, Utah 84025

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**Contact:**  
Bob Ballew  
Public Information Officer  
Office: (801) 525-5175  
Cell: (801) 510-5710

## News Release

### New Support Group Begins For Suicide Survivors In Davis County

(Clearfield, Utah) – Suicide is the ninth leading cause of death in Davis County. The American Association of Suicidology estimates that for every suicide there are six survivors. Coping with suicide is difficult. Survivors not only suffer the trauma of losing someone, but are also at a higher risk for suicide and emotional issues.

A new monthly suicide survivor support group sponsored by the National Alliance on Mental Illness (NAMI) is now available for residents of Davis County.

The survivor support group meets for the first time on Jan. 9 and will continue to meet every second Thursday each month, 6-7:30 p.m., at the Davis County Central Library Auditorium, 155 Wasatch Drive, Layton, Utah. The group will be led by a trained volunteer, who is also a suicide survivor. The support group is a place for the bereaved to share their experiences dealing with their loss.

“In 2013, the Davis County Health Department conducted a community health assessment and community health improvement process in which suicide was identified as the #1 health issue facing residents of Davis County,” said Isa Perry, Community Outreach Planner for the county health department. “Community partners have come together to develop a community health improvement plan to address and prevent suicide deaths throughout the county. One important component is to provide resources to those touched by suicide.”

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NAMI and the Davis County Health Department invite all those affected by suicide to attend the survivor support group. “Survivors learn that they are not alone as they share their stories and learn from others in a safe, supportive environment,” said Perry.

For more information, contact group facilitator Kim Penman at (801) 388-6017, or [penman.kimberly@yahoo.com](mailto:penman.kimberly@yahoo.com), or visit <http://www.namiut.org>.

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